

NEWSTART Solution to COVID-19

Session 1 Quiz

Instructions: Circle the correct answer. T for true and F for false

1. Disease can be described as a friend, a teaching moment, a fire alarm, an effort of nature to bring us back to health. T F
2. God's remedies are the complex agencies of nature, that will not tax or debilitate the system. T F
3. Natural means used in accordance with God's will, bring about supernatural results. T F
4. The 4 steps to reversing "dis-ease" using nature's remedies in their correct order include: Determine the cause, assist nature, change conditions and correct wrong habits. T F
5. When you [a physician] understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. T F
6. Medical Care is the 3rd Leading Cause of Death in America, killing 250,000 people in U.S. hospitals every year. T F
7. COVID 19 is no match for a healthy functioning immune system. T F
8. Innate first responders to all kinds of infections are out of balance in persons with severe COVID-19 infection. T F
9. Inactivity, obesity, lack of sleep and stress overload can all compromise immune function and increase an individual's susceptibility to COVID-19 infection. T F
10. Smoking, alcohol consumption and a low intake of greens can all impair the function of our Natural Killer Cells (NK cell). T F
11. Consuming 1 to 2 cups a berries, cherries or apples a day will not decrease the levels of inflammation in the body. T F
12. Hot treatments followed by brief cold stimulate the activity of immune cells such as NK cells, monocytes and lymphocytes. T F
13. Beef, milk, cheese, pork, egg yolks, and poultry contain significant amounts of arachidonic acid which is linked to higher level of inflammation in the body. T F
14. Zinc, vitamin C, curcumin, vitamin D and ivermectin have all been shown in clinical studies to improve the health outcomes of individual with COVID-19 infection. T F
15. Vitamin D deficiency does not suppress and/or dysregulates immunity. T F
16. Early treatment studies with vitamin D in COVID-19 patients have been shown to reduce mortality rates by 78%. T F
17. Vitamin C improves the function of NK cells, macrophage, T cells and neutrophils which contain high levels of vitamin C. T F
18. When ivermectin is used as a prophylaxis (prevention) for COVID-19, it has been demonstrated in 23 studies to decrease the risk of death (mortality) by 96%. T F
19. Pistachios nuts contain the highest amount of melatonin when compared to 13 other foods know to contain melatonin. T F
20. The I MASK+ Prevention Protocol includes Ivermectin, Vitamin D3, Zinc, Vitamin C, Quercetin and Curcumin. T F